

## Tap: Intermediate ♥

**Teacher Discretion:** In this Intermediate, tap only class, dancers will continue to learn and perfect cramp rolls, maxi-fords, buffalos, as well as time steps, shuffle-toe heel and shuffle-heel toe. Traveling time steps, wings, turning maxi-fords/buffalos and pull backs will be perfected.

### Calavera Hills Community Center: Meeting Room 2

**Instructor:** Kaitlin Collins

**Age:** 9Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
39160	7:30-8:30pm	M	Sep 8-Oct 13	6c	\$33/\$43
39161	7:30-8:30pm	M	Oct 27-Dec 15	8c	\$44/\$54

### Harding Community Center: Auditorium

**Instructor:** Kaitlin Collins

**Age:** 9Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38535	3:15-4:15pm	F	Sep 12-Oct 17	6c	\$33/\$43
38536	3:15-4:15pm	F	Oct 31-Dec 19	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## "Live A Healthy Life ... Recreate"

The Recreation Department helps people to "Live a Healthy Life ... Recreate." Look for the ♥ within this guide to locate classes or activities that offer a health and wellness benefit to the participant.

One of the most important issues communities face today is a staggering increase in the rates of obesity and chronic disease. Throughout San Diego County, parks and recreation agencies have joined together in a campaign to create healthy communities and provide extended opportunities for residents to be physically active. For more information on the Greater San Diego Recreation and Parks Coalition for Health and Wellness, please contact Lori Swenck at 602-4680.

# Early

## Baby Brain Power

Learn how to develop your baby's brain power, meet other moms (dads, grandparents and other caregivers are welcome), and receive answers to your burning questions when you join Child Whisperer, Marla Elliott for this informative class. Dress comfortably, we will be sitting on the floor. An \$8 materials fee is due to the instructor on the first day of class. This class is designed for babies who are not crawling.

### Harding Community Center: Recreation Hall

**Instructor:** Marla Elliott

**Age:** 1M - 6M

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38662	10:45-11:45am	W	Oct 8-Nov 5	4c	\$40/\$50

## Creative Arts For Kids

'It's the process, not the product!' Children will have fun with paint, glue, paper, clay and more. Children can explore four different activities each week, get messy (or not!) and create 'masterpieces' to bring home. Class includes a closing circle time with a book and songs. Parent/adult supervision is required. A \$10 materials fee is due to the instructor on the first day of class.

### Calavera Hills Community Center: Meeting Room 1

**Instructor:** Jan St. Marie

**Age:** 2Y - 4Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38603	9:00-10:00am	F	Sep 12-Oct 17	6c	\$45/\$55
38604	9:00-10:00am	F	Oct 31-Dec 12	6c	\$45/\$55

### Stagecoach Community Center: Meeting Room 1

**Instructor:** Jan St. Marie

**Age:** 2Y - 4Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38601	9:00-10:00am	Tu	Sep 9-Oct 14	6c	\$45/\$55
38602	9:00-10:00am	Tu	Oct 28-Dec 16	6c	\$45/\$55

## Explore the World of Dinosaurs

Put on your imagination cap as we go exploring the world of dinosaurs. We will dig for fossils, hunt for eggs, and follow dinosaur tracks during our adventure together. Each week you and your child will listen to a story and create a project based on our theme. Dress in clothes that can get dirty and join the fun. A \$8 materials fee is due to the instructor the first day of class.

### Harding Community Center: Recreation Hall

**Instructor:** Marla Elliott

**Age:** 2Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38661	10:45-11:45am	W	Sep 10-Oct 1	4c	\$40/\$50

# Childhood

## Fall Is In The Air

The sound of crisp apples, the smell of pumpkin pie and nip of cooler air are all signs that fall is here. Through stories and crafts we will explore this season of change. Dress in clothes that can get dirty and join the fun. A \$8 materials fee is due to the instructor the first day of class.

### Harding Community Center: Recreation Hall

**Instructor: Marla Elliott**

**Age: 2Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38663	10:45-11:45am	W	Nov 12-Dec 10	4c	\$40/\$50

## Junior Jazzercise

It's hip to be fit! Fitness is fun with this exercise program designed especially for children. The strong exercise habits kids develop now can go a long way in shaping their future. Junior Jazzercise teaches things like coordination, strength and endurance as well as nutrition and the importance of physical fitness. It is a non-competitive environment in which a child can relax, have fun and feel good about themselves. Children will experience the joy of physical movement as they move and groove their way through specially choreographed age appropriate routines set to today's most popular music and fun cool games. Bring a water bottle and a smile because we are going to have lots of Fun!

### Stagecoach Community Center: Activity Room

**Instructor: Lori Massey**

**Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38668	10:30-11:30am	W	Sep 10-Oct 15	6c	\$36/\$46
38669	10:30-11:30am	W	Oct 29-Dec 10	6c	\$36/\$46

## Music Moves

### Big Kid Jammin' Jamboree

Music Moves presents this exciting new class for kids ages 3-5. During this energetic class, kids will be active participants in their own tonal and rhythm development. Ample opportunities will be given to express, create, sing, play, and groove to songs from around the world. This class is designed to prepare your child for formal instrument instruction. NOTE: parent participation subject to teacher/parent discretion. A \$7 materials fee (includes a supplemental CD with songs that we will be using in class) is due to the instructor on the first day of class.

### Calavera Hills Community Center: Activity Room

**Instructor: Lisa Megrditchian**

**Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38703	11:00-11:45am	F	Sep 12-Oct 10	5c	\$71/\$81
38704	11:00-11:45am	F	Oct 24-Nov 21	5c	\$71/\$81

### Stagecoach Community Center: Activity Room

**Instructor: Lisa Megrditchian**

**Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38699	11:45am-12:30pm	M	Sep 8-Oct 6	5c	\$71/\$81
38700	11:45am-12:30pm	M	Oct 20-Nov 17	5c	\$71/\$81



## Family Fun Night!

Looking for ways to spend the evening with your children? Do it with Music Moves: 45 energetic minutes of musical brain training for you and your child along with lots of opportunities to move and groove. Burn off that mocha cappuccino, while your child burns off some energy! After a class of Music Moves, the entire family will enjoy a sweet nights' sleep! Children 5 and under are welcome. A \$7 materials fee (includes a supplemental CD with songs that we will be using in class) is due to the instructor on the first day of class.

### Senior Center: Dance Studio

**Instructor: Lisa Megrditchian**

**Age: 1M - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38705	5:30-6:15pm	W	Sep 10-Oct 8	5c	\$71/\$81
38706	5:30-6:15pm	W	Oct 22-Nov 19	5c	\$71/\$81

## Mommy & Me Musicmakers

Moms, regain your groove with Music Moves, shaping lives through fun, energetic activities that you and your baby, toddler and preschooler will love! In this class, you and your child will experience the benefits of a hands-on, explorative and nurturing environment that will bring out the musician in both of you! All music and movement activities are designed to feed the brain and the body. We build musical memories for life! A \$7 materials fee (includes a supplemental CD with songs that we will be using in class) is due to the instructor on the first day of class.

### Calavera Hills Community Center: Activity Room

**Instructor: Lisa Megrditchian**

**Age: 1M - 3Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
39218	9:00-9:45am	F	Sep 12-Oct 10	5c	\$71/\$81
38697	10:00-10:45am	F	Sep 12-Oct 10	5c	\$71/\$81
39219	9:00-9:45am	F	Oct 24-Nov 21	5c	\$71/\$81
38698	10:00-10:45am	F	Oct 24-Nov 21	5c	\$71/\$81

### Stagecoach Community Center: Activity Room

**Instructor: Lisa Megrditchian**

**Age: 1M - 3Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38693	10:45-11:30am	M	Sep 8-Oct 6	5c	\$71/\$81
38694	10:45-11:30am	M	Oct 20-Nov 17	5c	\$71/\$81

## My First Art Class

Little fingers experiment with painting, gluing, sticking, printing, sculpting and creating while developing fine motor and self-help skills. Each class introduces a new artist or art technique and each child leaves with a framed masterpiece. This is an 'I can do it' class that is fun and creative. Parents and helpers get to play too! For children ages 22 months to 3 and a half years with parent or helper. Class fee includes all materials.

### Calavera Hills Community Center: Activity Room

**Instructor:** Abraka Doodle

**Age:** 22M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38605	9:00-9:45am	Tu	Sep 9-Oct 14	6c	\$72/\$82
38606	9:00-9:45am	Tu	Oct 27-Dec 9	6c	\$72/\$82

### Stagcoach Community Center: Activity Room

**Instructor:** Abraka Doodle

**Age:** 22M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38607	9:00-9:45am	Th	Sep 11-Oct 16	6c	\$72/\$82
38608	9:00-9:45am	Th	Oct 30-Dec 11	6c	\$72/\$82

## Pre-K Drawing

Young Rembrandts' has created a unique method of drawing that will maximize development, training in art, and will prepare preschoolers as learners. Our method helps children master control of their fine motor skills, patience, focus, and discipline, as well as attention to detail, time on task and handwriting readiness. Students learn about art in a fun, encouraging and nurturing environment, as they prepare for future success in the elementary classroom. All new lessons each session.

### Calavera Hills Community Center: Activity Room

**Instructor:** Sarah Yasukochi

**Age:** 42M - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38666	3:30-4:15pm	F	Sep 12-Oct 17	6c	\$74/\$84
38667	3:30-4:15pm	F	Nov 7-Dec 19	6c	\$74/\$84

## Preschool Karate

Preschoolers will learn the basic kicks, punches, blocks and stances of Shorin-Ryu style Karate. Karate will help develop motor skills, balance and coordination. This class makes karate fun to learn by using props and preschool learning techniques. Children will be taught to make good choices, listen and follow directions. Wear comfortable clothing. Karate uniform is optional.

### Calavera Hills Community Center: Activity Room

**Instructor:** Leah Snead

**Age:** 2Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38621	9:30-10:15am	W	Sep 10-Oct 15	6c	\$65/\$75
38622	9:30-10:15am	W	Oct 29-Dec 3	6c	\$65/\$75

### Harding Community Center: Recreation Hall

**Instructor:** Leah Snead

**Age:** 2Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38619	10:00-10:45am	M	Sep 8-Oct 6	5c	\$55/\$65
38620	10:00-10:45am	M	Oct 27-Dec 1	6c	\$65/\$75

### Stagcoach Community Center: Activity Room

**Instructor:** Leah Snead

**Age:** 2Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38623	10:30-11:15am	Th	Sep 11-Oct 16	6c	\$65/\$75
38624	10:30-11:15am	Th	Oct 30-Dec 4	6c	\$65/\$75

## Advanced

**Teacher Discretion:** The instructor will move up beginner preschool karate students into this class. They begin learning stances, combination moves, correct form and technique, and katas. Uniforms are required at this level and can be purchased from the instructor.

### Calavera Hills Community Center: Activity Room

**Instructor:** Leah Snead

**Age:** 2Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38631	10:30-11:15am	W	Sep 10-Oct 15	6c	\$65/\$75
38632	10:30-11:15am	W	Oct 29-Dec 3	6c	\$65/\$75

### Harding Community Center: Recreation Hall

**Instructor:** Leah Snead

**Age:** 2Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38629	11:00-11:45am	M	Sep 8-Oct 6	5c	\$55/\$65
38630	11:00-11:45am	M	Oct 27-Dec 1	6c	\$65/\$75

### Stagcoach Community Center: Activity Room

**Instructor:** Leah Snead

**Age:** 2Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38635	11:30am-12:15pm	Th	Sep 11-Oct 16	6c	\$65/\$75
38636	11:30am-12:15pm	Th	Oct 30-Dec 4	6c	\$65/\$75

## Sing, Sign & Story Time

Wouldn't you love to know what your child is thinking? These classes will help you and your child discover how to use American Sign Language. More than 60 signs included. Children must be accompanied by a parent or guardian.

### Calavera Hills Community Center: Activity Room

**Instructor:** Lonna Leghart

**Age:** 1M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38707	9:30-10:15am	M	Sep 8-Oct 6	5c	\$37 <sup>50</sup> /\$47 <sup>50</sup>
38708	9:30-10:15am	M	Oct 27-Dec 1	6c	\$45/\$55

## Level II

**Teacher Discretion:** Prerequisite: Level I or instructor's approval. Children must be accompanied by a parent or guardian.

### Calavera Hills Community Center: Activity Room

**Instructor:** Lonna Leghart

**Age:** 1M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
39052	10:30-11:15am	M	Sep 8-Oct 6	5c	\$37 <sup>50</sup> /\$47 <sup>50</sup>
39053	10:30-11:15am	M	Oct 27-Dec 1	6c	\$45/\$55

## Spanish

### For Preschoolers

Now is the perfect time for your child to start learning Spanish! At this young age your child can learn Spanish as well as English and be on the path to becoming bilingual! This class is a fun and energetic way for your child to learn Spanish through music, stories, crafts, games and movement. Age appropriate vocabulary and conversation will be taught. This is a parent participation class: the adult does not need any prior knowledge of Spanish. A \$15 materials fee is due to the instructor on the first day of class.

### Calavera Hills Community Center: Meeting Room 1

**Instructor:** Lorraine Wilson

**Age:** 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38643	11:45-12:30pm	Tu	Sep 9-Oct 14	6c	\$72/\$82
38644	11:45-12:30pm	Tu	Oct 28-Dec 16	6c	\$72/\$82

**Stagecoach Community Center: Meeting Room 1****Instructor: Lorraine Wilson****Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38641	11:45-12:30pm	W	Sep 10-Oct 15	6c	\$72/\$82
38642	11:45-12:30pm	W	Oct 29-Dec 17	6c	\$72/\$82

**For Toddlers**

Now is the perfect time for your child to start learning Spanish! At this young age your child can learn Spanish as well as English and be on the path to becoming bilingual! This class is a fun and energetic way for your child to learn Spanish through music, stories, crafts, games and movement. Age appropriate vocabulary and conversation will be taught. This is a parent participation class: the adult does not need any prior knowledge of Spanish. A \$15 materials fee is due to the instructor on the first day of class.

**Stagecoach Community Center: Meeting Room 1****Instructor: Lorraine Wilson****Age: 1Y - 3Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38637	10:45-11:30am	W	Sep 10-Oct 15	6c	\$72/\$82
38638	10:45-11:30am	W	Oct 29-Dec 10	6c	\$72/\$82

**The Power of Positive Parenting**

Being a good parent is one of the hardest jobs out there. Join Parent Coach, Marla Elliott, for a two-hour workshop to learn practical techniques you can take home that night. Learn positive and empowering skills as Marla answers all your questions and gives you convenient ways to handle the everyday challenges of raising children in our hectic world. Marla has 30 years experience as an early childhood educator, teacher, trainer and parent coach and is herself a parent. New materials are always presented so you can join us more than once. A \$5 materials fee due to instructor at that night.

**Harding Community Center: Auditorium****Instructor: Marla Elliott****Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38664	6:30-8:30pm	M	Oct 6	1c	\$30/\$40

**Harding Community Center: Recreation Hall****Instructor: Marla Elliott****Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38665	7:00-9:00pm	Th	Nov 13	1c	\$30/\$40

**Waddler's & Me**

This weekly class is designed for children who are crawling, scooting, waddling or are starting to move and are ready to explore the world through hands on activities with a significant adult in their life. Through games, music, finger play and assorted creative toys we will engage these children to develop their social language, physical, emotional, cognitive and self-help skills. Dress yourself and your child in comfortable clothes that can get dirty. Be prepared to crawl on the floor and have a ball of fun. A \$15 materials fee is due to the instructor on the first day of class.

**Harding Community Center: Recreation Hall****Instructor: Marla Elliott****Age: 6M - 2Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38659	9:40-10:40am	W	Sep 10-Oct 15	6c	\$60/\$70
38660	9:40-10:40am	W	Oct 29-Dec 10	6c	\$60/\$70

**Fitness**

To read more about our Fitness classes, please view our detailed descriptions on-line at [www.CarlsbadConnect.org](http://www.CarlsbadConnect.org).

**Cardio Sculpt ♥**

The best way to rev up your metabolism is to combine cardio, core & resistance components to your workout. In this 50 minute class, we will alternate cardio drills with resistance training while focusing on your core strength and stability for that extra punch. Be prepared to lift weights, use resistance bands, and tone up your heart and body with intense cardio drills. If your goal is to drop a few pounds and firm up your muscles, this is the class for you. Show up and get ready to make some new friends, have fun and get in shape. Your instructor is a Certified Personal Trainer and Sports Nutritionist. All levels of fitness are welcome. Be sure to eat something light and nutritious 1-2 hours before class and bring water, a towel or a mat for floor exercises. Drop-ins \$10.

**Stagecoach Community Center: Activity Room****Instructor: Michelle Szames****Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38377	8:00-8:50am	Tu/Th	Sep 9-Oct 16	12c	\$75/\$85
38378	8:00-8:50am	Tu/Th	Oct 28-Dec 11	12c	\$75/\$85

**Carlsbad Bootcamp ♥**

Join us for a high intensity sports conditioning and cardio workout. All levels are welcome. Activities include warm-ups, jumping jacks, push-ups, sit-ups, lunges, squats, exercise drills, cool-down and stretching. You will feel worked out and alive! Eat something light and nutritious 1-2 hours before class and bring water and a towel. Drop-ins \$15.

**Magee Park: Heritage Hall****Instructor: Michelle Szames****Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38375	9:30-10:30am	Tu/Th	Sep 9-Oct 16	12c	\$90/\$100
38376	9:30-10:30am	Tu/Th	Oct 28-Dec 11	12c	\$90/\$100

Activities and classes with ♥ offer a health and wellness benefit to the participant. See page 30 for more information.